materialism and spirituality, between worldliness and religion, between falsehood and truth, between death and life, between transiency and immortality. Hence my almost over-bearing opinion, esteem and love for them. I therefore felt it an imperative parental duty to rouse in my children also an abiding interest in and a keen hankering for the study of these time-honoured works. I thought that the best way of achieving this end was to utilise my experience and, knowledge in preparing in a simple, easily understandable and non-technical language Land placing in their hands as a preliminary and preparatory measure, two concentrated manuals containing the essential teachings and sadhanas of these exalted works. Hence this humble attempt. I may add that this work pretends to be no more than an incomplete outline of a large subject that has bewildered the imagination, of *savants* and that my utterances must partake of the .limitations and imperfections of a learner, a *sadhaka,* a seeker after God, an aspirant after the life divine.

2. For obvious reasons, I have divided the Manual into two parts. Part II gives material texts with relevant explanations of **"The twelve classical Upanishads** ^ and a short

introductory note has been appended at the commencement of each Upanishad to give an idea of the main teachings inculcated therein. Part I deals with the historicity and philosophy of the Upanishads, *i.e.,* the origin, growth and spread of the Upanishadic cult, the sources of inspiration of the ancient sages, and affords the reader a general insight into and an expository, amplificatory, inferential, and **scientific** review of the **fundamental** teachings of the Upanishads.

I may state that as this manual is intended mainly for the beginners of the study of religion, I have carefully avoided and not touched more than the fringe of matters of a controversial nature. Wherever necessary, I have reproduced extracts from the commentaries of Sri Sankaracharya on the Upanishads and the Brahma Sutras, from the annotations of Raja Ram"